



Online Healthy Teaching Kitchen (HTK)

Class Details

Healthy Teaching Kitchen VVC

Live cooking demonstration with nutrition tips.

Class themes rotate monthly.

Each class is offered twice /month.

1st Tuesday each month @ 1pm

2nd Wednesday each month @ 2pm

Class length: 1.5 hours

VVC– Online VA Video Connect

Call (503) 273-5112 to schedule

VA Portland Health Care System

Healthy Teaching Kitchen (HTK)

Dietitian:

Jessica Martini, MS RD

Phone: (503) 220-8262 Ext 56783

For recipes and other materials, please visit www.nutrition.va.gov

For technical assistance, contact the National Telehealth Technology Help Desk at (866) 651-3180 or (703) 234-4483, Mon-Sat, 7 a.m. through 11 p.m. (ET)

Come Cook With Us!

Making healthy food choices is the #1 thing you can do for your health. Learning how to cook can be one step towards getting healthier foods on your plate. The Healthy Teaching Kitchen (HTK) online program provides live, virtual cooking classes for Veterans to increase nutrition knowledge, cooking skills, and build confidence in cooking at home with healthy, minimally processed foods.

"This class is very helpful. I am changing the way I eat and plan my meals."

— Cincinnati VA HTK Participant

Who Can Attend?

Classes are open to VA-enrolled Veterans. Guests in the same household are welcome. Contact your local HTK Dietitian, Jessica Martini, for more information or if you have questions.

How Do I Connect to the Online Appointment?

Prior to your appointment, you will receive an email from **VA Video Connect Appointment** with a link that says **"Click Here to Join the VA Video Connect appointment"**. Click that link and it should take you to your appointment! If you're accessing the appointment from an iPhone or iPad device you will need to down load the **VA Video Connect App** before clicking the link.



U.S. Department of Veterans Affairs